



ONE BREATH AT A TIME

*BUDDHISM AND THE
TWELVE STEPS*

KEVIN GRIFFIN

NOW WITH A NEW FOREWORD BY WILLIAM ALEXANDER,
AUTHOR OF *ORDINARY RECOVERY*

One Breath At A Time Buddhism And The Twelve Steps

Michael Cowl Gordon



One Breath At A Time Buddhism And The Twelve Steps:

One Breath at a Time Kevin Griffin, 2018-02-06 Merging Buddhist mindfulness practices with the Twelve Step program this updated edition of the bestselling recovery guide *One Breath at a Time* will inspire and enlighten you to live a better healthier life Many in recovery turn to the Twelve Steps to overcome their addictions but struggle with the spiritual program But what they might not realize is that Buddhist teachings are intrinsically intertwined with the lessons of the Twelve Steps and offer time tested methods for addressing the challenges of sobriety In what is considered the cornerstone of the most significant recovery movement of the 21st century Kevin Griffin shares his own extraordinary journey to sobriety and how he integrated the Twelve Steps of recovery with Buddhist mindfulness practices With a new foreword by William Alexander the author of *Ordinary Recovery* *One Breath at a Time* takes you on a journey through the Steps examining critical ideas like Powerlessness Higher Power and Moral Inventory through the lens of the core concepts of Buddhism the Four Noble Truths the Eightfold Path mindfulness loving kindness and more The result is a book that presents techniques and meditations for finding clarity and awareness in your life just as it has for thousands of addicts and alcoholics [Buddhism and the Twelve Steps](#)

Kevin Griffin, 2014 *Buddhism the twelve steps* is a workbook for those wishing to blend Buddhist teachings and practices with their 12 Step recovery work Loaded with contemplative exercises and meditations that will help you to deepen your recovery the book can be used by groups or individuals Cover **A Burning Desire** Kevin Griffin, 2010-01-01 A

Burning Desire is a gift for those who struggle with the Twelve Step program s focus on the need to surrender to a Higher Power Taking a radical departure from traditional views of God Western or Eastern author Kevin Griffin neither accepts Christian beliefs in a Supreme Being nor Buddhist non theism but rather forges a refreshing sensible and accessible Middle Way Griffin shows how the Dharma the teachings of the Buddha can be understood as a Higher Power Karma mindfulness impermanence and the Eightfold Path itself are revealed as powerful forces that can be accessed through meditation and inquiry Drawing from his own experiences with substance abuse rehabilitation and recovery Griffin looks at the various ways that meditation and spiritual practices helped deepen his experience of sobriety His personal story of addiction is not only raw honest and engrossing but guides readers to an inquiry of their own spirituality **Buddhism & the Twelve Steps**

Daily Reflections Kevin Griffin, 2020-12-26 A daily reader for people interested in using Buddhism as a guide to working the Twelve Steps Includes meditation instructions Buddhist teachings Twelve Step and recovery guidance [Understanding the High-Functioning Alcoholic](#)

Sarah A. Benton, 2009-02-27 Who is the typical alcoholic among the 12 5 million living in the United States now Many if not most of us when asked that question would envision a skid row bum or someone at least out of work or with little education locked into a low skill low paying job But that is not accurate according to the results of a national study released in June 2007 by the National Institutes of Alcohol Abuse and Alcoholism The NIAAA determined that alcoholics in the United States really fall into five subtypes including nearly 20 percent who are highly functional alcoholics

well educated with good incomes They include corporate presidents powerful politicians police lawyers doctors scientists and other highly skilled highly educated people who are middle to high income and by most accounts successful In this unprecedented book mental health counselor Sarah Benton takes us into the worlds and minds of so called high functioning alcoholics to understand how people so intelligent and achievement oriented get drawn into states in which they secretly cannot control their liquor consumption but still manage to excel in their careers The book includes a look at celebrity alcoholics like singer Eric Clapton and actor comedian Robin Williams as well as alcoholics in high positions including Chris Albrecht former Chairman and CEO of HBO Other high profile people included in this book are Miss USA 2007 Tara Conner and football legend Joe Namath With her own story of alcoholism and her recovery woven into the text Benton takes us into the lives and challenges of these well educated and successful people seeking to understand how when and why they became addicted as well as the reasons their alcoholism is for most so hard to admit cope with and recover from **The Mind-Body**

Guide to the Twelve Steps Nina Pick, 2023-09-05 A trauma sensitive companion to the Twelve Steps body based exercises for deepening your recovery expanding your spiritual practice preventing relapse and understanding the root of your addiction For readers of In the Realm of Hungry Ghosts and Trauma and the 12 Steps Considering addiction through a trauma informed lens The Mind Body Guide to the Twelve Steps offers an accessible lyrical and practical guide to Twelve Step recovery that emphasizes self compassion relationship embodied awareness and ecological connection Whether you re suffering from an active addiction seeking freedom from self limiting behaviors or hoping to establish or grow your spiritual practice this innovative guide offers a holistic roadmap to navigating the journey of recovery Somatic and spiritual counselor educator and writer Nina Pick shows how addiction is rooted in survival strategies that protect us from overwhelmingly painful experiences Pick draws on attachment theory polyvagal theory somatics mindfulness trauma therapy Jewish and integrative spirituality and her own long time experience in recovery to expand the Twelve Step practice beyond the conventional cognitive approach into one of soul recovery a profound and sensuously embodied spiritual path With reflections and practices designed to complement the literature and tools offered by your specific Twelve Step program The Mind Body Guide to the Twelve Steps shows you how to Explore powerlessness and unmanageability Integrate dance vocalization and other creative arts to enhance your recovery Create transformative ritual and ancestral healing practices Expand your ideas of Higher Power and prayer Forgive yourself and others Cultivate daily practices for reflection and meditation Understand the intersections of addiction developmental trauma and intergenerational trauma Drawing on plant medicine mindfulness poetry self directed touch ritual and guided imagery The Mind Body Guide to the Twelve Steps nurtures a joyful and heart centered path to recovery and complements the healing work of Peter Levine Bessel van der Kolk and Arielle Schwartz **The Twelve Step Pathway** Michael Cowl Gordon, 2023-11-01 Uses the hero s journey as the path on which to travel for overcoming addiction and crisis and rescuing your own story This is a book about becoming heroic A

hero is a person who faces great danger overcomes incalculable odds and accomplishes that which would have been thought especially by the hero to be impossible to achieve Considering the fear and pain that a person must experience in such an adventure it is a role that few would desire for themselves And yet more of us find ourselves in circumstances demanding heroism than one might imagine In fact people who are never called upon to be heroic at some point in their lives are in the minority if they exist at all This is not a book for people who might want to become heroic someday It is for people who are in the midst of a crisis and who must make a decision about whether they are going to face their situation survive rise above themselves and share their newfound knowledge with others who may need salvation And it is for those who are already traveling such a journey and who would like to gain a new understanding of themselves what their journey was and is about and why it is so important Using the twelve step framework for understanding the inner work a person must do in order to overcome addiction Michael Cowl Gordon walks readers through the journey to inner salvation and peace Using the hero's journey as the path on which to travel through these steps he uncovers the deep work that it takes to be the hero in your own story

Mindfulness and Educating Citizens for Everyday Life Malgorzata Powietrzynska, Kenneth Tobin, 2016-07-23 Mindfulness and Educating Citizens for Everyday Life invites readers to explore the role mindfulness can play in mediating how we enact social life in today's increasingly challenging and challenged world The educators and researchers who have contributed to this book use mindfulness as a lens to address and untangle what is becoming a profoundly complicated way of being within the reality of global capitalism Education is framed broadly the research transcends the walls of classrooms and includes museums nursing homes hospitals AA meetings and homes Hence the chapters feature participants occupying varied social positions and spaces that may be situated in different parts of the globe The authors address two overarching and dialectically related themes of mindfulness and wellness and collectively the chapters expand possibilities for readers to act mindfully in a world in which wellness and wellbeing are pervasive concerns as a fragile Earth adapts to a dynamic flux of human led changes that threaten the future of lifeworlds that support humanity and myriad species that face extinction The authors do not offer oversimplified solutions to dramatically switch direction and preserve life as we have known it Instead the ideas that emerge from the research presented in this volume expand possibilities for informed conduct self help and educating citizens with a goal of individuals and collectives transforming lifeworlds by embracing mindfulness saturated ontologies

Dharma Veena R. Howard, 2017-08-14 Dharma is central to all the major religious traditions which originated on the Indian subcontinent Such is its importance that these traditions cannot adequately be understood apart from it Often translated as ethics religion law or social order dharma possesses elements of each of these but is not confined to any single category familiar to Western thought Neither is it the straightforward equivalent of what many in the West might usually consider to be a philosophy This much needed analysis of the history and heritage of dharma shows that it is instead a multifaceted religious force or paradigm that has defined and that continues to shape the different cultures and civilizations of

South Asia in a whole multitude of forms organizing many aspects of life Experts in the fields of Hindu Jain Buddhist and Sikh studies here bring fresh insights to dharma in terms both of its distinctiveness and its commonality as these are expressed across and between the several religions of the subcontinent Exploring ethics practice history and social and gender issues the contributors engage critically with some prevalent and often problematic interpretations of dharma and point to new ways of appreciating these traditions in a manner that is appropriate to and thoroughly consistent with their varied internal debates practices and self representations

Mindfulness and the 12 Steps Thérèse Jacobs-Stewart, 2010-05-20 A fresh resource to help those in recovery from addiction find their own spiritual path through the Buddhist practice of mindfulness For those of us in recovery Mindfulness and the 12 Steps offers a fresh approach to developing our own spiritual path through the Buddhist practice of mindfulness or bringing one's awareness to focus on the present moment We can revisit each of the Twelve Steps exploring the interplay of ideas between mindfulness and Twelve Step traditions from the idea of living one day at a time to the emphasis on prayer and meditation and learn to incorporate mindfulness into our path toward lifelong sobriety Through reflections questions for inquiry and stories from Buddhist teachers and others who practice mindfulness in recovery Mindfulness and the 12 Steps will help us awaken new thinking and insights into what it means to live fully body mind and spirit in the here and now

Shambhala Sun, 2004 **Forthcoming Books** Rose Arny, 2004

Library Journal Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2004 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

The Affective Assistance of Counsel Marjorie A. Silver, 2007 This book is subversive It aims to undermine the legal profession's prevailing gladiatorial paradigm It is to use Professor Leonard Riskin's phrase something off the lawyer's standard philosophical map It promises a vision of practicing law that is very different than that taught in most American law schools There exists tremendous discontent among the practicing bar Many lawyers have found themselves unhappy or unfulfilled in their practices Compared to other professionals lawyers suffer disproportionately from excessive stress substance abuse and other emotional difficulties Many find themselves demoralized or disillusioned about the practice of law Here's the good news recent years have witnessed a spate of both new and renewed approaches to the practice of law Disaffected by the adversarial model many practitioners have engaged in a quiet revolution a marriage of theory and practice designed to maximize the healing potential of the law The result has been a variety of approaches such as Therapeutic Jurisprudence Collaborative Law and Creative Problem Solving Lawyers are cultivating Emotional Intelligence Multicultural Competence and Mindfulness They are developing ways of working consistent with their spiritual and religious beliefs New pedagogy is informing old courses and new courses are evolving and taking their places in the curriculums of increasing numbers of law schools This book bears the fruit of many of these efforts The twenty contributors to this book come from widely diverse

backgrounds What they share are visions for more therapeutic more beneficial more helping healing ways to practice law This book is a resource for law professors law students and lawyers who share those visions After nearly forty years of law practice I still look forward to coming to work every morning This is because I have had incredible mentors who have taught me to practice law as a healer and peacemaker Now my heroes of the comprehensive law movement have each spoken in one outstanding collection edited by Marjorie Silver Their essays provide a road map for any lawyer to re invent himself or herself and achieve a law practice filled with joy meaning and passion I enthusiastically recommend this book John V McShane Esq Dallas Texas Law as a healing profession Marjorie Silver has collected a series of essays by leading writers engaged in such a career Readers will find a practical resource to assist in building the emotional competence necessary to practice law in the 21st century Buy it read it and practice in a more enlightened manner You owe it to your clients and to yourself G Andrew H Benjamin J D Ph D Affiliate Professor of Psychology Antioch University Affiliate Professor of Law University of Washington Director Parenting Evaluation Training Program This book represents a turning point in the history of thought on how attorneys should be trained and how they should practice law As is true of all pioneering works this one will go through several stages At first traditionalists may oppose it and even ridicule it Undoubtedly however its sheer wisdom will ultimately prevail and eventually be accepted as self evident Amiram Elwork Director of the Law Psychology Graduate Program at Widener University and author of Stress Management for Lawyers My experience is that it is a marvelous book and helped lay an academically sound foundation for the content of course I learned much from it and I know our students did too Jonathan R Cohen Professor of Law University of Florida Levin College of Law *The Middle Way* ,2008 American Book Publishing Record ,2004 *Eight Step Recovery (new edition)* Valerie Mason-John,2018-06-01 This new edition includes a Foreword by Jon Kabat Zinn how to run an Eight Step Recovery meeting and how to teach a Mindfulness Based Addiction Recovery programme including teacher s notes and handouts All of us can struggle with the tendency towards addiction but for some it can destroy their lives In our recovery from addiction the Buddha s teachings offer an understanding of how the mind works tools for helping a mind vulnerable to addiction and ways to overcome addictive behaviour cultivating a calm mind without resentments **Recovering Joy** Kevin Griffin,2015-06-01 Addiction recovery requires a serious commitment yet that doesn t mean it has to be a bleak never ending struggle Recovering takes us through many difficult steps of discipline humility and self realization says Kevin Griffin In doing so many of us forget that we are capable and deserving of basic happiness With Recovering Joy Kevin Griffin fills in what is often the missing piece in addiction recovery programs how to regain our ability to live happier lives Recovering Joy offers a deeply insightful look at how we can cultivate positive mind states within the challenging context of addiction Through reflections self inquiry and mindfulness practices Griffin reveals how we can better act in accordance with our core values cultivate healthy and satisfying relationships renew our sense of playfulness and find the unexpected joys in the journey of recovery The

12-Step Buddhist Darren Littlejohn, 2009-03-10 The face of addiction and alcoholism is a face that many have seen before it may be a celebrity a colleague or even a family member And though the 12 step program by itself can often bring initial success many addicts find themselves relapsing back into old ways and old patterns or replacing one addiction with another Author Darren Littlejohn has been there and back and presents a complimentary guide for recovery to the traditional twelve step program out of his own struggles and successes through the study of Zen and Tibetan Buddhism Working with the traditional 12 Step philosophy the author first shares his own life path and how he came to find the spiritual solace that has greatly enhanced his life in recovery Then he details out how his work integrating Buddhism into the traditional twelve step programs validates both aspects of the recovery process While being careful not to present himself as a Tibetan lama or Zen master the author shows how each step such as admitting there is a problem seeking help engaging in a thorough self examination making amends for harm done and helping other drug addicts who want to recover fits into the Bodhisattva path This integration makes Buddhism accessible for addicts and the 12 Steps understandable for Buddhists who may otherwise be at a loss to help those in need The 12 Step Buddhist is designed to be a complimentary practice to the traditional 12 step journey not a replacement While traditional twelve step programs help addicts become sober by removing the drug of choice and providing a spiritual path they rarely delve deep into what causes people to suffer in the first place The integration of Buddhism with the traditional process provides the wisdom and meditations that can help addicts truly find a deep spiritual liberation from all causes and conditions of suffering for good Words on Cassette ,1995

Unveiling the Magic of Words: A Overview of "**One Breath At A Time Buddhism And The Twelve Steps**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**One Breath At A Time Buddhism And The Twelve Steps**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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